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THE DUCHESS IS DUE

Catherine, Duchess of Cambridge, and Prince William, Duke of Cambridge, celebrate a Great Britain gold medal in cycling on Aug. 2 at the Olympic Games in London. The couple have announced they are expecting their first child. Story, page 6. Curious to see what the future monarch could look like? Metro used the power of the Internet and two archival photos to make our own royal newborn. See the results at metronews.ca/royalbaby. PASCAL LE SEGRETAIR/GETTY IMAGES FILE

Redford cleared

Allegations. House Speaker rules against Opposition's charge that premier was in contempt of the legislature

Premier Alison Redford has been cleared by the legislature Speaker in allegations she deliberately misled the house about her role in awarding a government contract to her ex-husband's law firm.

Speaker Gene Zwozdesky, in a ruling delivered Monday, said there is no clear evidence Redford made false statements to the house when she denied making the decision to pick the law firm that includes her ex-husband, Robert Hawkes.

"This is getting into a case of semantics, but it is evident

there was no final decision made as to the selection of a law firm for the tobacco litigation when the premier was minister of justice," said Zwozdesky.

Zwozdesky was ruling on a motion made last Thursday by the Opposition Wildrose party to have Redford found in contempt of the legislature for making misleading statements.

Outside the legislature Wildrose house leader Rob Anderson said Redford won on legal technicalities, but said Albertans will judge the issue on common sense.

"The Speaker can say that black is white and the sky is green, but that doesn't make it true," said Anderson. "I think we'll just leave it to Albertans to decide who was right and who was misleading folks in this case."

THE CANADIAN PRESS

Man forced onto LRT track

Three face attempted murder charges after Nov. 10 assault at Churchill LRT station

Flip-flopping on gun slingin'?

Justin Trudeau gets heck from both sides about his views on gun control

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Random incident

Man pushed onto LRT tracks in alleged attempted murder

Three men are facing attempted murder charges in court Tuesday after a man was pushed onto Edmonton's LRT tracks early last month.

According to police, the attack happened around 8:20 p.m. Nov. 10 when there was an altercation between a lone male and three other men at the Churchill LRT station.

The victim, 49, was allegedly followed down onto the platform, then dragged over to the tracks and pushed onto the rails, EPS said at a news conference Friday.

The three men allegedly prevented the man from pulling himself up onto the platform. Both parties had been drinking at the time of the assault, and the incident was random, said acting Sgt. Ryan Lawley.

Both EPS and Edmonton transit officials applauded bystanders who called for help and also stood between the suspects and the victim, allowing the victim to pull himself back onto the platform.

"It could have been much worse. Anytime someone is on our track level, it could result in disaster.... This individual was very, very lucky that he was not struck by a train," said Ron Gabruck, director of operational support for ETS.

Police said the man had some cuts on his face, and was also allegedly kicked in the head while attempting to pull himself up.

Irwin Joseph Keshane, 35, Wesley Wayne Osecap, 18, and Dean JR Rain, 25, have each been charged with attempted murder and aggravated assault.

LAURIE CALLEN/METRO

Contract. Still too early to talk to teachers: Premier

Alberta's premier avoided weighing in on a new contract proposed by the provincial teachers' association Monday, despite a looming deadline set by the group.

The Alberta Teachers' Association (ATA) offered a two-year freeze on teaching salary grids in exchange for limiting assigned working hours for its members to 1,200 per year, and president Carol Henderson set a deadline of Monday to hear a response from Premier Alison Redford.

However, when speak-

ing to reporters at a clinic opening in Edmonton, the premier only expressed hope the ATA would return to three-party negotiations with the province and Alberta School Boards Association.

"I think it is early days and we will continue to keep working on those negotiations," she said.

The ATA has maintained that they are fully prepared to turn to local bargaining with individual school boards if the deal was not approved. **METRO**

History of violence. RCMP searching for wanted man

RCMP in Spruce Grove and Stony Plain are asking for public assistance in locating a wanted man.

Mitchell Littlechild, most recently of Enoch Cree Nation, is wanted on province-wide warrants for assault and failure to comply with conditions, RCMP said Monday.

The RCMP warned that Littlechild has a history of violence and should not be approached.

He is described as five-foot-eight and 185 pounds, with brown eyes and black hair.

Anyone with information



Mitchell Littlechild METRO/CONTRIBUTED

on Littlechild is asked to call RCMP or Crime Stoppers at 1-800-222-8477. **METRO**

New Edmonton Clinic can meet needs of 1M people



Premier Alison Redford officially opened the Kaye Edmonton Clinic Monday. The new clinic concentrates a number of outpatient clinics and services in one place. **RYAN TUMILTY/METRO**

More room in hospitals. \$484-million facility consolidates outpatient clinics

RYAN TUMILTY
ryan.tumilty@metronews.ca

Improved patient care and better access to medical specialists are what Premier Alison Redford promised during the opening of the new, nearly half-billion-dollar Edmonton Clinic Monday.

Edmonton businessman Donald Kaye was also honoured with the clinic's namesake, in recognition of his \$30-million donation.

The new facility, just south of the Health Science LRT station, has a number of outpatient clinics. Redford said patients in those clinics would be well served and the hospitals where they are currently housed would have new options.

"This clinic is designed to meet the need of almost one

Largest donation ever

- The 62,300-square-metre building is joined through a pedway to the University of Alberta Hospital, Edmonton Clinic Health Academy and the Health Sciences LRT station.
- Kaye's \$30-million donation is the largest single donation to an Alberta health-care institution ever.

million people and that capacity means that outpatient clinics can move out of local hospitals and free up that space for badly needed inpatient care," she said.

Redford said the state-of-the-art facility also has the ability to serve those beyond its walls.

"Electronic medical records and new technologies for remote diagnosis and treatments expand the services of this clinic to serve Albertans outside of urban areas," she said.

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Amy McClendon, as the Peacock Goddess, and Ernesto Terri, as the Peacock, were in Edmonton on Monday to preview *Amaluna*, the new production from Cirque du Soleil. LAURIE CALLEN/METRO

Cirque du Soleil's *Amaluna* will cast its spell this spring

Under the big top. The first Cirque show in Edmonton to be performed in traditional circus tent



LAURIE CALLEN
laurie.callsen@metronews.ca

Cirque du Soleil's newest production, *Amaluna*

— which centres around a mystical island inhabited mostly by women — is coming to Edmonton this spring.

On Monday, some of the cast and creators of the show dropped into town to offer a sneak peak of the production to media. *Amaluna* premieres at Northlands on May 30, and runs through June 16. Tickets go on sale on Tuesday.

"Every time you go (to

Circus trick

"I think it's remarkable, the things that they do."

Mayor Stephen Mandel on Cirque du Soleil

Cirque du Soleil, you come away just amazed at what people can do," Mayor Stephen Mandel said at the city hall launch.

Artist Andreanne Nadeau said the cast and crew are

looking forward to bringing Edmonton its first Cirque show under the big top.

"New cities always bring a new vibe and new excitement," Nadeau said. "Every show is different, and you've got to keep it alive. It's part of what makes the job fun for me."

About 70 per cent of the cast is female, with just 13 men in the show. The storyline, based loosely on Shakespeare's *The Tempest*,

focuses on Miranda, the young daughter of island leader Prospera, who falls in love when a group of men arrive on the island.

"It's definitely an homage to women. We want to show women in a strong light, with power and femininity," said Mark Pawsey, *Amaluna*'s artistic director.

Before coming to Edmonton, *Amaluna* will be performed in Calgary starting on April 11.

Queue-jumping

Health-care inquiry begins

Federal and provincial health-care legislation contains gaps that can allow people to skip ahead in the line for medical services, a health-law expert says.

William Lahey, a professor at Dalhousie University in Halifax, was the first witness to testify on Monday as an inquiry got underway into preferential health treatment in the province.

The issue of queue-jumping came to the fore when Stephen Duckett said that when he took over as head of Alberta Health Services in 2009, he had to put a stop to politicians having go-to people in health regions who could facilitate faster care. Duckett will testify on Tuesday.

THE CANADIAN PRESS

Public called in tip

Impaired charges for Leduc man

A 36-year-old Leduc man has been charged with drunk driving after RCMP say he was two and a half times over the legal limit.

Leduc RCMP said the man was arrested on Sunday in a parking lot at the Leduc Common shopping centre. Members of the public spotted the alleged drunk driver and called in a complaint.

"I cannot stress the importance of public assistance in this case," said Const. Drew Burchett of the Leduc Integrated Traffic Unit.

Cory Adam Thompson has been charged with impaired driving as well as driving over .08. **METRO**

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Reality TV

Amazing Race comes to Canada

Producers of The Amazing Race Canada promise the show will stand shoulder-to-shoulder with its slick U.S. counterpart, even though competitors will never leave the country.

CTV executive Phil King says the network spent a lot of time debating whether or not to send competitors around the world. In the end, they decided to showcase the country's diversity.

THE CANADIAN PRESS

Movember

Canada earns mo' money for cancer

For the second year in a row, Canadians participating in the Movember campaign for prostate cancer research have raised more money than people in any other country.

The sixth annual event has raised more than \$37 million for men's health initiatives. In all, 247,066 Canadians took part in raising funds and awareness for Prostate Cancer Canada.

THE CANADIAN PRESS



Catherine, Duchess of Cambridge, takes part in a day of celebrations to mark St. Andrew's Day at St. Andrew's School on Friday in Pangbourne, England, days before palace officials announced she is pregnant. GETTY IMAGES

Pregnancy sends Kate to hospital

Expecting. Duchess of Cambridge hospitalized with severe form of morning sickness

The most widely anticipated pregnancy since Princess Diana's in 1981 is official: Prince William's wife, Kate, is pregnant.

St. James's Palace announced the pregnancy Monday, saying that the Duchess of Cambridge — formerly known as Kate Middleton — has a severe form of morning sickness and is currently in a London hospital. William is at his wife's side.

News of the pregnancy drew congratulations from across the world, with the hashtag "royalbaby" trending globally on Twitter.

The couple's first child will be third in line to take the throne — leapfrogging the gregarious Prince Harry and possibly setting up the first scenario in which a U.K. female heir

could benefit from new gender rules about succession.

Palace officials would not say how far along the duchess is, only that she has not yet reached the 12-week mark.

The palace said the duchess was hospitalized with hyperemesis gravidarum, a potentially dangerous type of morning sickness where vomiting is so severe no food or liquid can be kept down. They said she was expected to remain hospitalized for several days and would require a period of rest afterward.

The condition is thought to affect about one in 200 pregnant women, but Gaither said less than one per cent of women with the condition need to be hospitalized.

The news came just days after the duchess, on a royal appearance, was playing field hockey with schoolchildren at her former school.

William is second in line to the throne after his father, Prince Charles, so the couple's first child would normally become a monarch — eventually.

THE ASSOCIATED PRESS

Potentially dangerous

Uncommon illness

While morning sickness in pregnant women is common, the problem the duchess has been hospitalized with is not.

"It's not unusual for pregnant women to get morning sickness, but when it gets to the point where you're dehydrated, losing weight or vomiting so much you begin to build up (toxic) products in your blood, that's a concern," said Dr. Kecia Gaither, director of maternal fetal medicine at Brookdale University and Medical Center in New York.

Hyperemesis gravidarum tends to be more common in young women, in non-smokers, in women who are pregnant for the first time and in those expecting multiple babies.

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Trudeau feeling the heat for gun registry comments

Firearms policy.

Projected Liberal front-runner accused of flip-flopping as divisive debate re-ignites

Justin Trudeau scrambled to explain his stance on gun control Monday as the Liberal leadership candidate took flak from opposing sides on the divisive issue.

The presumed Liberal front-runner tried to mollify both sides of the debate, rekindled over the weekend by his description of the long-gun registry as a failed policy.

Trudeau spent a news scrum with reporters handling one of the first divisive policy debates to have erupted during his campaign.

He explained that he hadn't actually flip-flopped on the gun registry.



Liberal leadership candidate
Justin Trudeau on Monday.
RYAN REMIORZ/THE CANADIAN PRESS

In fact, Trudeau said, he always supported it, and still does support it in principle. But he said now that it's gone it's too divisive to try bringing it back.

In the next breath, however, Trudeau added that he

supports Quebec's effort to bring it back in that province because he said the measure is not divisive there.

Finally, he explained why the long-gun registry fit his definition of a "failed" public policy.

"I voted to keep the firearms registry a few months ago and if we had a vote tomorrow I would vote once again to keep the long-gun registry," Trudeau told reporters.

"However, the definition of a failed public policy is the fact that the long-gun registry is no more. The fact is, because it was so deeply divisive for far too many people, it no longer exists."

Trudeau said he would rather spend the next three years, before the federal election, trying to find evidence-based policies that will unite Canadians and not divide them.

THE CANADIAN PRESS



A community grieves

Nancy Latraverse places flowers in front of a house in Drummondville, Que., where three young siblings — two girls, aged two and five, and their four-year-old brother — were found dead late Sunday. Police had still not said by Monday evening how the children died.

PAUL CHIASSON/THE CANADIAN PRESS

Response to UN vote

Canada mutes criticism of Israeli settlement plans

Canada is standing apart from its major allies, the U.S. included, in refusing to condemn Israeli plans for new settlements in areas claimed by the Palestinians.

On Friday, Israel announced plans to build 3,000 settler homes in the West Bank and east Jerusalem to punish the Palestinians for winning greater recognition at the United Nations General Assembly the previous day.

THE CANADIAN PRESS

Suspected arson

Purported ex-spy's house torched

A fire has ravaged the home of a Montreal man with a colourful past as a self-described Israeli spy and purported international arms broker.

The police arson squad is investigating the fire that gutted the upscale Westmount home of Ari Ben-Menashe. Police say a suspect was seen fleeing.

THE CANADIAN PRESS

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Judge scoffs at abusive coach's latest argument

Graham James. Crown appealing former hockey coach's sentence after sexual-abuse convictions

A Manitoba Court of Appeal judge bristled Monday at suggestions disgraced former hockey coach Graham James ever thought he had "loving" relationships with the players he abused.

James is already eligible to ask for full parole and will be eligible for statutory release next summer, if his sentence remains unchanged.

He pleaded guilty earlier this year to sexually abusing NHL star Theo Fleury and his younger cousin Todd Holt when they played for him. James was a respected coach in the Western Hockey League in the 1980s when



Graham James THE CANADIAN PRESS FILE

the abuse took place.

The Crown appealed the sentence and argued Monday that four years would have been more appropriate.

James's lawyer Evan Roitenberg said the two-year sentence should stand, suggesting it is too harsh.

At trial, Roitenberg had argued for no jail time and said he still thinks that would be fair given the circumstances of the case.

Roitenberg said James had an "epiphany" while in counselling after he was first jailed and realized what he had done to his victims. Until then, he thought they were in loving relationships.

That was too much for Appeal Court Justice Al MacInnes, one of the three on the panel hearing the case.

"For me, you are pushing a big rock up a steep hill if you want me to accept that," said the judge, who noted James threatened players to keep them from exposing him.

MacInnes made it clear that if it had been up to him, the sentence would have been stiffer.

THE CANADIAN PRESS



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Market Minute

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Nielsen research

TV viewers are increasingly social

Television viewers are becoming more active while watching now, judging by the findings in a new report that illustrates the explosive growth in the number of people who watch TV while connected to social media on smartphones and tablets. The Nielsen company said that one in three people using Twitter in June sent messages at some

point about the content of television shows, up 27 per cent from five months earlier. **THE ASSOCIATED PRESS**

Dubai

Clash over web controls stymies UN conference

The UN's top telecommunications overseer sought Monday to quell worries about greater Internet controls emerging from

global talks in Dubai, but any attempts at major web regulations will likely face stiff opposition from groups led by a high-powered U.S. delegation. The 11-day conference is seeking to update codes last reviewed when the web was virtually unknown.

Some at the Dubai conference worry that any new UN oversight could be used by nations such as China and Russia to justify further tightening of web blocks and monitoring.

THE ASSOCIATED PRESS

A man walks out of a Starbucks in west London on Monday. British lawmakers want to clamp down on multinational corporations, including Starbucks, that they say are guilty of exploiting tax laws. **THE ASSOCIATED PRESS**

Starbucks accused of grande-sized tax dodge

Britain. Legislators want Parliament to clamp down on multinationals that exploit U.K. tax laws

By the numbers

\$2.9M

The committee said online retailer Amazon paid \$2.9 million in British tax in 2011, on turnover of about \$331 million.

British lawmakers on Monday accused major multinational companies including Starbucks, Google and Amazon of immoral tax avoidance, while Starbucks announced it is reviewing its British tax practices in a bid to restore public trust.

Parliament's public accounts committee said the government should "get a grip" and clamp down on multinationals that exploit tax laws to move profits generated in Britain to offshore domains.

"Global companies with huge operations in the U.K., generating significant amounts of income, are getting away with paying little or no corporation tax here," said Labour legislator Margaret Hodge, who chairs the all-party committee. "This is outrageous and an insult to British businesses and individuals who pay their fair share."

As the British economy splutters amid Europe's eco-

nomics crisis, and the government slashes spending in a bid to curb the deficit, public anger has grown against companies that pay little tax while making large profits.

Companies operating in Europe can base themselves in any of the 27 European Union nations, allowing them to take advantage of a particular country's low tax rates.

Google has picked Ireland and Bermuda as its main bases, while coffee chain Starbucks has its European base in The Netherlands and pays British tax only after transferring large sums in royalties to its Dutch headquarters.

Starbucks, whose outlets have been targeted by the protest group U.K. Uncut, said in a statement that it had "listened to feedback from our customers and employees, and understand that to maintain and further build public trust we need to do more."

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REAL CHEMISTRY DOESN'T COME FROM A TOUCH SCREEN



SHE SAYS...
Jessica Napier
metronews.ca

My boyfriend has no patience for texting. When he wants to talk he won't hesitate to pick up the phone and call me. This more traditional approach puts him in the same category as my grandparents and my dentist and it drives me crazy. Frankly, I just don't have enough daytime minutes to carry out my relationship verbally.

For modern couples who have grown up in the age of cellphone dependency, there's no separating technology from the relationship. Texting — which is far less intrusive than an actual phone call and has the added benefit of being more affordable — has become our preferred method of communication.

Communication conundrum

An unanswered text can turn the sanest individual into a panicking ball of neurosis.

We're relying on our pocket technology more than ever to negotiate new relationship terrain and, in turn, creating a whole new set of issues for ourselves. We consult friends to help interpret cryptic texts, judge potential suitors on their grammar and agonize over our response time — a too-quick reply can take you from looking interested to looking desperate. Excessive emoticon use — especially that ambiguous tongue-out smiley face — can lead to serious confusion about the meaning of our words. And, worst of all, an unanswered text can turn the sanest individual into a panicking ball of neurosis.

There's no doubt that smartphones can make courtship infinitely more complicated, but they also allow us to be bolder with one another and more expressive than we might be face-to-face. Sexting is often thought of as the pastime of hormonal teenagers, but plenty of grown-ups exchange racy texts as a way to test the new relationship waters before actually diving in.

But if your new beau is sending virtual flower bouquets and emoji kisses before (or instead of) trying out the real thing, isn't that a bit disenchanting? And how do you know that he or she isn't just copying and pasting flirtatious iMessages between multiple women?

There's always going to be an element of casual detachment when it comes to mobile messaging. So while sending a few coy texts might be less intimidating than saying what you mean out loud, nothing can replace those in-person moments at the start of a new relationship.

Follow Jessica Napier on
Twitter @MetroSheSays



The world saw the 20th anniversary of the text message Monday. The milestone reminds us of the correlation between the rise of SMS and digital delirium. FLICKR: JHAYMESVIPHOGRAPHY

I Sphinx you can eat it



BEBETO MATTHEWS/THE ASSOCIATED PRESS PHOTOS

This is sweet news

N.Y.C. hosts delectable competition

The Sphinx, a gingerbread creation from North End Grill, is on display in the lobby area of Le Parker Meridien hotel in New York City.

The landmark-inspired

creation is being exhibited with other over-the-top gingerbread houses from city restaurants in the fourth annual display to benefit City Harvest, a food-rescue organization for feeding the needy.

Visitors can buy one ticket for \$1 or eight for \$5 to vote on their favourite landmark.

THE ASSOCIATED PRESS



Chichen Itza, a gingerbread creation from Butterfly Bakeshop, will be on display with the rest of the landmarks at Le Parker Meridien until Jan. 3.

Nom nom nom

This ain't your mother's gingerbread

Out of the kitchen and into the hotel lobby: Gingerbread houses have gone from being a home-made project done with mom to professional exhibits designed by pastry chefs and sometimes even architects.

The fundraiser is just one of many gingerbread showcases going on across the country. A few extravaganzas raise money for charity, while some include contests for home bakers.

Susan Matheson, co-author of the book *The Gingerbread Architect: Recipes and Blueprints for*

Twelve Classic American Homes, says these types of professional gingerbread creations "are elaborately detailed, spellbinding constructions that must require an army of pastry chefs, historians, engineers and consulting experts. The results can elevate the craft to a high art form that transports the viewer into an ethereal miniature fairy world." But Matheson doesn't approve of glue guns or other non-edible components: "It's 100 per cent digestible or count me out." THE ASSOCIATED PRESS

Online

See the whole gingerbread spread at metronews.ca.



Register at metropolitanpanel.ca and take the quick poll

Do you fear rising sea levels?

9%
YES, I'M
BUILDING AN
ARK JUST IN
CASE

18%
SOMEWHAT, I'M
KEEPING MY
SNORKEL GEAR HANDY

73%
NO, I'M AN
EXCELLENT
SWIMMER

Twitter

@Malzypants:

I wonder if all the traffic accidents in #yeg after a snowfall are caused by the same people all the time? Someone needs to research this.

@joeyjorshabado:

Boo on people who tweet check-stop locations. Smarten up! They are there to keep us safe! #yeg

@trevorlawless:

Trying to mentally prepare myself

to go Christmas shopping. Scotch. Scotch will help. #yeg

@thestoryofangie:

Just saw a plane weaving between buildings in dt #yeg and my heart stopped. After 9/11 not cool pilot, not cool.

@ZippyErin:

This is why I love #yeg. It might get brutally cold and we may get buried in snow, but at least the sun comes out!

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DVD review



The Dark Knight Rises

Director. Christopher Nolan

Stars. Christian Bale, Tom Hardy, Anne Hathaway

•••••

This Knight not only rises, it also cuts deep — not just as spectacular entertainment but also as harrowing drama. Fear is in the eyes of both hero and villain in this concluding chapter of Christopher Nolan's outstanding Batman origin trilogy. Human frailty and realistic threats of nuclear and economic destruction are woven into the densely layered saga co-written by Nolan with his brother Jonathan and David S. Goyer. It's eight years after the traumatic events of *The Dark Knight* (2008), and Batman is for all intents and purposes no more. He's been outlawed and ostracized in Gotham City, which arrogantly believes it has rid itself of major crime. Wrongly blamed for the demise of Gotham's public defender Harvey Dent, a lie that even trusted ally Police Commissioner Gordon (Gary Oldman) is unhappily and politically obliged to maintain, Batman — or rather his alter-ego Bruce Wayne (Christian Bale) — hides inside stately Wayne Manor. Mourning losses both tangible and emotional, Wayne is also physically diminished, and now walks with a cane. But a new threat has emerged: a super terrorist by the name of Bane (Tom Hardy). Built like a wrestling giant, Bane wears a mask that resembles a spider or perhaps the "face hugger" from the *Alien* series. He proclaims himself to be "Gotham's reckoning." Gotham's destruction seems more likely. Bane plans to weaponize a nuclear fusion device that Wayne Enterprises developed for peace. Anne Hathaway intrigues and wows as cat burglar Selina Kyle, a.k.a. Catwoman, who has connections to both Bane and Batman. Marion Cotillard makes less noise as Gotham tycoon Miranda Tate, but she fits very well into the film's intricate puzzle. So too does Joseph Gordon-Levitt.

PETER HOWELL



In *Silver Linings Playbook*, Robert DeNiro plays Pat Solitano Sr., the patriarch of a family of diehard Philadelphia Eagles fans. HANDOUT

What about the story from the sidelines?

Silver Linings Playbook.

Football tales seem to focus on the gridiron action — this film looks at the lives of the fans

In David O. Russell's *Silver Linings Playbook*, Bradley Cooper plays an unstable former teacher trying to improve himself after exiting a mental institution. When his character, Pat Solitano, consults his otherwise level-headed psychiatrist Dr. Cliff Patel (Anupam Kher) on whether a Philadelphia Eagles' jersey is appropriate attire for a dinner party, Patel questions which jersey. On hearing that it's star wide-receiver DeSean Jackson, he responds unequivocally:

"DeSean Jackson is the man."

This is Philadelphia, where undying loyalty to the local NFL team — "the Birds" — is everywhere, even in the sensitive relations between therapist and patient.

As large a role as football plays in American life, Hollywood has typically focused its

cameras on the field of play, where the dramatics of gridiron battle are self-evident. But *Silver Linings Playbook*, which was recently nominated for five Spirit Awards and is widely expected to be a best picture Oscar contender, is more interested in the face-painters in the stands.

The annals of pigskin pictures have ranged from the hijinks of Groucho Marx (*Horse Feathers*) to the inspiration of a newcomer to the sport (*The Blind Side*). Football in movies has been a regular source of hard-knock action (*Any Given Sunday*), manly tragedy (*Brian's Song*, *Remember the Titans*) and underdog triumph (*Rudy*).

But along with *Silver Linings Playbook*, a handful of films have sought to capture the fanatical passion — both the communal spirit and the toxic obsession — that grips millions of households and acres of parking-lot asphalt every Sunday this time of year.

In Vincent Gallo's *Buffalo '66* (1998), Gallo drew from his own childhood in the upstate New York City, playing a man named after the hometown team (Billy), with lifeless par-

ents glued to the TV screen for Buffalo Bills games. A lost bet on a crucial game cost Billy \$10,000 and put him in jail. On his exit, he's bent on avenging the guilty place kicker, a fictionalized version of a real-life Bills scapegoat, kicker Scott Norwood.

Big Fan (2009), written and directed by Robert D. Siegel (who also wrote *The Wrestler*), depicted a die-hard New York Giants fan (Patton Oswalt) whose devotion is tested when he's brutally assaulted by his favourite player.

The 2004 film *Friday Night Lights*, and the subsequent TV series, sought to portray a football-mad Texas town, where the sport reverberated in nearly all that was good — and all that was bad — in Dillon, Texas.

These movies all share in the spirit of Frederick Exley's classic 1968 fictional memoir: *A Fan's Notes*. The Giants-loving author wrote: "Cheering is a paltry description. The Giants were my delight, my folly, my anodyne, my intellectual stimulation. ... I gave myself up to the Giants utterly. The recompense I gained was the feeling of being alive."

It was that kind of intensity

Based on a book

Silver Linings Playbook is based on the novel of the same name by Matthew Quick, a Philadelphia native who, reached by phone at his home in Massachusetts, makes no bones about his allegiance to the Eagles. "I bleed green," he says. "My earliest memories of my father are of going down to the Vet," says Quick, referring to Veterans Stadium, the former home of the Eagles. "In the neighbourhood I grew up in, the men didn't tell you that they loved you or give you hugs, they took you to Eagles games," he says. "If the Eagles scored a touchdown, you got a hug."

that interested Russell, whose last film, *The Fighter*, captured the boxing community of Lowell, Mass.

"What makes characters fascinating in a funny and an emotional way to me is when they have life and death stakes about their particular currency," the director says.

THE ASSOCIATED PRESS

Adriana tells her secret to get body of an angel back

Victoria Secret show.

Adriana Lima shares how she got back into show shape after having a child

ROMINA MCGUINNNESS
Metro World News

Last month, Brazilian beauty Adriana Lima opened the Victoria's Secret Fashion Show, which airs on Global tonight at 10 p.m. ET/PT, eight weeks after giving birth to her second child. She opens up to Metro about the "nightmare" gym sessions, sparring herself into shape and how she celebrated getting into the skimpy lingerie with a cupcake — but just one.

It seems like hell getting ready for the show. How do you girls cope with the pressure?

One thing I need to get straight — I've never felt pressure from either Victoria's Secret or my agency. No one pressured me to get ready for the show this fast. It's a decision I made on my own. It was one of the most difficult things I've ever done because you're dealing with nature.

You do what you need to do to get ready, but after having a baby you really don't know how your body is going to react.

Sounds stressful. How did you react on the big day? Did you down shots of vodka backstage?

I get nervous before every single show. I thought that feeling would go away but it never did. Plus this year I was opening the show, which is a big responsibility as everybody kind of follows your mood. But every girl has a different way of expressing her nervousness. I don't like talking so I just listen to music — anything by Eminem, Rihanna, Kings of Leon, Rock and Roll by Led Zeppelin and Heartbeats by The Knife.

Did getting ready for the show give you nightmares? Did you dream you were being attacked by giant candy bars?

No. It was more during the day, when I had to go to the gym — that was my nightmare. Don't get me wrong, I really love exercise, but it's not easy.

The actual workout — it's tough you know. You need a lot of determination in order to do it every single day. Every minute of every workout counts and this year, I wasn't sure if I was going to make it or not.

Models Cara Delevingne and Jourdan Dunn (both in the Victoria's Secret show with Adriana) reportedly

ate pizza and KFC hours before the show. Would you want to scream if they ate in front of you, or join them?

Ha! I'm a little bit older than them. But regardless of age, I'm really aware of the fact that you are what you eat.

Are you saying they're going to turn into a giant pizza or a chicken wing?

Maybe not right now, but they're going to see the results in the future, when they get old. It depends what they eat, but they may have problems with cholesterol or diabetes, I don't know. I just like to eat healthy.

I have two children and I'm concerned about their health. I'm their example. I don't want my three year old asking me, "Mama, I want chocolate for lunch."

Cake is festive, it's not something you should eat everyday.

What's the first thing you did when the show ended? Run backstage, take off that lingerie and demolish a cheeseburger?

No. But I did have a cupcake. Once in a while, I do eat these things, you know. I just don't do it every day. Even now that the show is

over, I'm still working out and eating healthy. It's my job.

There are a lot of rumours out there that Victoria's Secret models literally starve yourselves in order to get ready for the show. You also shared sweaty pictures of yourself on Twitter to show how hard you were working out. How did you really go about it?

I'd just had a baby, so I had to do everything in a healthy way in order to best take care of myself and my body. I never do things on my own — I have a nutritionist and a personal trainer. I don't want to have any problems. I know people see us on the runway and working out — but I don't want them to think that we don't eat. I don't starve myself. I don't do that. I love food, but I do watch what I eat.

So what kinds of workouts did you focus on? What foods did you eat?

I was boxing — sparring, doing a little bit of rope and lots of abdominal and core work. I sometimes went running in the morning, but that's pretty much it.

As for my diet, I was eating three ounces of protein, three times a day with plenty of steamed green vegetables and drinking lots of water.

Last thoughts

A couple more questions on getting that body back

- What's more painful: Getting ready for the show or giving birth? "I enjoyed every second of both. When you make your own choices and you're not forced to do things, nothing is painful. Being a mother is amazing and there are no words to describe that, but also, the Victoria's Secret Show ... I mean every girl in the world would love to be an Angel."

- At the end of the day ... is all the pain of the workouts and the dieting worth it? "Of course. I do things that I love and I do them from my heart, you understand?"



THE ALL NEW CADILLAC ATS BUILT TO TAKE ON THE WORLD.



The Victoria Secret show is airing on Global tonight at 10 p.m. ET/PT. GETTY IMAGES

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Nothing stops Heidi from getting her Halloween on



THE WORD
Dorothy Robinson
scene@metronews.ca

A divorce and a hurricane wasn't going to keep Heidi Klum from dressing up in 2012. When her annual New York City Halloween party (which she used to host with soon to be ex-husband Seal) was cancelled this year because of Hurricane Sandy, the model decided to transform her party into a Haunted Holiday Party — and have Saturday's party benefit relief



efforts.

"Putting the outfit on only took five minutes, but gluing all these hundreds of stones on my face took a little longer," she said about her jewel-encrusted face and

Cleopatra costume, which she wore among such celebrities as Jay Manuel, Questlove, Russell Simmons and Sandra "Pepa" Denton of Salt & Pepa. Despite the intricate costume, she swore to a group of reporters, including Metro, that she was comfortable. "I'm on flat feet," she pointed to her boots. "I'm not on heels, so that's awesome."

Even though she's still reeling over her rather ugly split with Seal, with whom she has four children, she's not letting it ruin her Christmas plans.

"This year we're just going to stay home," she says about how she plans on spending the holidays with her kids. "I'm excited to just sit in front of the fireplace and drink hot cocoa and watch them play with their new toys, just to be in the house and enjoy not doing much."

Levine boos Honey



Adam Levine ALL PHOTOS GETTY IMAGES

Adam Levine may have found a new avenue for success as a reality TV judge on The Voice, but that doesn't mean he's a fan of other kinds of reality television. Quite the opposite, actually. "Seriously, Honey Boo Boo is the decay of Western civilization. Just because so many people watch the show doesn't mean it's good," Levine tells GQ magazine. "It's complete f—ing ignorance and the most despicable way to treat your kids. F— those people. You can put that in the magazine. F— those idiots. They're just the worst."



Taylor Swift

Taylor Swift to be at the side of her new beau

Taylor Swift is apparently eager to spend whatever time she can with rumoured boyfriend Harry Styles. The country crooner jetted to New York less than 24 hours after a big holiday concert to spend

the afternoon with the One Direction member, according to Us Weekly.

The pair, joined by Styles' stylist and her family, strolled around the Central Park Zoo, sticking close and looking cosy.



Johnny Depp

Feuding stars speak of peace

This might not be the biggest shocker considering the recently signed custody agreement between Halle Berry and Gabriel Aubry, but Olivier Martinez has reportedly dropped his criminal complaint against Aubry for their bloody Thanksgiving brawl, according to Radar Online. "Olivier informed the LAPD and the Los Angeles City Attorney's Office that he was no longer interested in pursuing criminal charges against Aubry," a source says. "Aubry and Berry worked out a confidential settlement last week that included specific language about how none of the parties — Halle, Gabe or Olivier — would pursue criminal charges against one another. All sides managed to agree to satisfactory terms with the focus being on ending the mayhem for the sake of Halle and Gabriel's daughter, Nahla."

Rock this way: Johnny sings a single man's tune

Johnny Depp knows how to have a good time, and sometimes that means strapping on a guitar and joining Alice Cooper on stage. The Pirates of the Caribbean star did just that recently at a Cooper concert in Los Angeles, playing along on cover songs including Break on Through (to the Other

Side), Revolution and Foxy Lady, according to People magazine. "Johnny was in great spirits," a source says. "He was really happy and at ease, especially on stage with the rest of the band." Recently single, Depp was apparently going solo that night, as the source says he wasn't "with any ladies."

Twitter



@kirstiealley

Just came home with a swell Xmas Tree.. The smell of fir is intoxicating..feelin pretty Christmassy!!



@ElizabethHurley

Searching in vain for the Christmas decoration..... WHY aren't they in the attic where they should be?!



@MissKellyO

Best bath ever!



@SteveMartinToGo

Christmas gift suggestions: A Wheat Thin is a welcome gift any holiday season.

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Getting kids active and off the couch is only half the battle

Exergaming. Experts urge parents not to rely on video games to help get their children moving and living a healthy lifestyle

CELIA
MILNE
life@metronews.ca

Is exergaming good for children?

The debate rages.

While plenty of studies show active video games are fun and get kids moving, a new analysis gives them the overall thumbs down.

"Preserve traditional play," says Dr. Mark Tremblay, chief scientific officer of Active Healthy Kids Canada, based in Ottawa.

"Don't rely on active video games to provide your kids with their daily exercise," he adds.

Experts at Active Health Kids Canada and its partners sifted through 1,367 scientific papers on the health merits of virtual versus real activities.

The conclusion: Exergames increase kids' heart rates temporarily, but don't provide a long-term, meaningful amount of exercise.

"The general thinking is, 'If I can get them off the couch, it's got to be better.'"

Quoted

"The general thinking is, 'If I can get them off the couch, it's got to be better.' That's sound thinking."

Dr. Mark Tremblay
Chief scientific officer of Active Healthy Kids Canada, based in Ottawa



Getting kids off the couch is only the start to healthy living. ISTOCK PHOTOS

That's sound thinking," says Dr. Tremblay.

"But evidence suggests when you look at the total day, there is no difference in energy expenditure. These games are replacing Frisbee in the park or ball hockey on the street. We believe in fresh

air, playing with friends and sunlight. The bonus? Incidental eating may go down."

Parents often tell Dr. Tremblay they can't afford after-school activities for their kids, but he believes it's a question of priorities.

"They can't afford swim-

ming lessons, but they spend hundreds of dollars on video consoles and plasma TVs. They say they can't afford tennis lessons, and then they spend that money on a game."

Video gaming got a thumbs-up recently in a Uni-

versity of Montreal study on the subject. The study found that dance and sports simulations can help adolescents increase their physical activity, especially girls. The study was published in the esteemed journal Pediatrics in November.

3 LIFE

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The comfort of carrots and sweet potatoes in a casserole



This recipe makes six servings. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)



ROSE REISMAN
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rosereisman.com

If you can find fresh sweet pineapple, use it instead of the canned stuff. You're getting a double blast of beta carotene from the sweet potatoes and carrots.

1. Preheat the oven to 350 F. Spray a 9 by 13-inch baking dish with cooking oil.

2. Place the sweet potatoes and carrots in a saucepan and cover with cold water. Bring to a boil. Cook for 7 minutes at a boil, or until tender. Drain.

3. Toss the sweet potatoes and carrots with the pineapple and cranberries. Place in the prepared baking dish.

4. Combine the brown sugar, juice concentrate, oil, molasses and cinnamon in a small saucepan. Cook over medium heat, stirring frequently, for 1 minute or until melted and smooth.

Ingredients

- 1 lb sweet potatoes, peeled and cut in 1/2-inch rounds
- 1 lb carrots, thinly sliced into rounds
- 1 1/4 cups fresh or drained canned pineapple chunks or diced apples
- 1/2 cup dried cranberries
- 1/3 cup packed brown sugar
- 3 tbsp orange juice concentrate
- 1 tbsp vegetable oil
- 2 tbsp molasses
- 1 1/2 tsp ground cinnamon
- 3 tbsp chopped toasted pecans
- 1/4 cup chopped fresh parsley
- 6 thin slices apple

5. Pour the sauce over vegetables. Cover and bake for 15 minutes, or until heated through. Remove from the oven and toss the vegetables. Sprinkle the pecans overtop. Garnish with the parsley and sliced apple.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

To sweet or not to sweet



NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Oh yes, sweet potatoes are good for you, and in some cases, even better for you than white ones.

But don't be so sure you want to go all gung-ho on the switch. Mashed sweet potatoes can be just as rough on your calorie count as whites; it all depends upon how they are prepared.

Fries: Weight Watchers has both sweet potato and regular fries at around 500 calories per serving and 13 or 14 points.

Mashes: One cup of mashed sweet potatoes is 258 calories while 1 cup of mashed white with butter and milk is 237 calories.

Any way you slice it, the method of prepara-

tion matters far more than which potato you choose. No doubt sweet potatoes have more vitamin A and fibre in the pulp (eat the skins of white potatoes and they come closer!). In the end, choosing only a teeny tiny portion or baked "fries" instead of deep fried finger food is a better bet. Limiting the butter, milk or sugar (or marshmallows... for Pete's sake!) that is used in the mash is wisest.

Baked: Sweet potatoes are your best bet. Keep butter to a teaspoon and enjoy one cup (about half a potato) guilt free! Any leftover baked sweet potatoes can be turned into yummy muffins in a snap. You can check out a great Sweet Potato Muffin recipe at: myfriendinfood.com/2011/05/02/sweet-potato-muffins/

Theresa Albert is an author and on call, private nutritionist in Toronto. She is @TheresaAlbert on Twitter and found daily at myfriendinfood.com



Farfalle with Sausage & Saffron. Italian sausage teams up with eggplant



1. In a sauté pan, heat olive oil and sauté eggplant with garlic for 3 to 5 minutes. Add sausage meat and sauté for a few minutes.

2. Add cream, saffron and sage. Cook mixture for 3 to 5 minutes until it thickens.

3. Meanwhile, bring pot of water to a boil and cook pasta according to package directions. Drain, add to sauce and season with salt and pepper. Mix well in sauté pan.

4. Add Parmesan cheese and serve. **THE CANADIAN PRESS/ BARILLA PASTA**

Ingredients

- 45 ml (3 tbsp) extra-virgin olive oil
- 1 medium eggplant, diced
- 1 garlic clove, minced
- 250 g (8 oz) mild Italian sausage (casings removed)
- 150 ml (2/3 cup) 35 per cent cream
- Pinch saffron threads
- 30 ml (2 tbsp) finely chopped sage
- 1 pkg (454 g) farfalle
- Salt and pepper, to taste
- Grated Parmigiano-Reggiano, to taste

Chicken Potpie is a fine, comforting dinner for most of the winter. But for extra cold days, you want comfort with a little more. This recipe uses the model of a basic puff pastry-topped Chicken Potpie, but substitutes tender sirloin tips for the poultry. Add a creamy beef gravy and you end up with savoury potpies.

1. Heat the oven to 400 F.

2. Place the potatoes in a medium saucepan. Add enough water to cover by 1 inch. Bring to a boil, then cook until tender, about 15 to 20 minutes. Drain and set aside.

3. Meanwhile, in a large deep skillet over medium-high heat, melt the butter. Add the onion, shallots and garlic and sauté until tender, about 5 minutes. Add the carrots and celery and cook until beginning to brown and caramelize at the edges, about 10 more minutes. Stir in the tomato paste, Worcestershire sauce and thyme. Cook for another 2 minutes. Transfer to a plate and set aside.

4. Season the sirloin with salt and pepper. Return the skillet to the stovetop over high heat. Add the oil. Working in batches to avoid crowding the pan, sear the meat on all sides until well browned, about 3 minutes.



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

The meat does not need to be cooked through. Once seared, remove the meat from the pan.

5. Lower the heat to medium and stir in the red wine. Scrape

up any browned bits from the pan. In a small bowl, whisk together the beef stock and flour. Add to the pan, whisking until thick, about 3 minutes. Stir in the cream. Return the

beef, vegetables and potatoes to the pan and stir to combine and coat everything with the sauce. Season with salt and pepper. Transfer to a medium casserole dish or baking pan.

6. Unfold the puff pastry sheet and set it over the pan. Use a paring knife to cut slits to vent. Bake for 20 to 25 minutes, or until the puff pastry is golden brown and the inside is bubbling. **THE ASSOCIATED PRESS**

Ingredients

- 1 1/4 lbs yellow potatoes, cut into 1-inch chunks
- 2 tbsp butter
- 1 medium onion, sliced
- 2 medium shallots, sliced
- 1 clove garlic, minced
- 2 large carrots, diced
- 2 stalks celery, diced
- 2 tbsp tomato paste
- 2 tbsp Worcestershire sauce
- 2 tbsp minced fresh thyme
- 1 1/4 pounds sirloin tips, cut into 1-inch pieces
- Ground black pepper
- Kosher salt
- 1 tbsp vegetable or canola oil
- 1/4 cup red wine
- 3/4 cup unsalted or low-sodium beef stock
- 2 tbsp all-purpose flour
- 1/2 cup heavy cream
- 1 sheet puff pastry, thawed according to directions

Make a list, check it twice: Money comprehension skills

Alison On Money. The gift list — it will help guide you during the hectic shopping season



YOUR MONEY
Alison Griffiths
money@metronews.ca

Last week I saw a weary Dad slumped in a mall chair, coffee gripped in one fist. He smiled weakly when I sat down nearby. "I thought starting Christmas shopping early might make it easier," he said. "Wrong!"

He planned to accompany his three children into the stores. But two hours later, with few presents purchased, he was done. The problem was preparation.

All three kids lacked an essential item — the almighty list. It seems like such a simple thing, but is a fundamental part of financial planning. After all, how can you create priorities if

you don't have a list to guide you?

Those who learn to make and follow them when they're young will find that the structure provides benefits into adulthood.

There's a body of research pointing to the importance of earmarking for saving. Targeting certain sums for a specific saving purpose increases the success rate.

List making is the kissing cousin of earmarking. For example, writing down or typing: Jared-Skylanders Giants Chop Chop \$14.95, decreases the likelihood that a child will get distracted and overspend.

Even teens can get into list making. Apps such as Santa's Little Helper (Apple), Gifters (Apple) and Christmas Gift List Planner (Android) will keep them on track.

The younger ones love it if you add a few fun touches. Kids who aren't writing can cut and paste pictures of what they want to buy or make. Then a family member can help them with price.



Increase your savings success rate by making a list. ISTOCK IMAGES

Don't worry if their money comprehension skills aren't quite there yet. Just knowing that an item costs a certain amount and is affordable or not is a big step.

A five-year-old child of a neighbour listed what she wanted to buy her Dad — toenail clippers and a new car. Mom said, okay, you can afford the clippers but not the car. The daughter decided to buy a toy car and promise a real one when she grows up.

Making gift lists puts kids in charge and gives them responsibility. They won't always be successful in sticking to either the list or their budget (who is?) but the process teaches lessons for a lifetime.

Oh yes, the list also takes the pressure off mom and dad. That alone is reason enough.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Activities for \$10 or less



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

The holiday season is in full swing and everywhere you turn the sound of cash registers, credit and debit machines chime a tune of heavy spending on gifts and other festive activities.

This year, most Canadians are expected to spend nearly \$650 throughout the holidays (based on the Ipsos poll conducted in November of 2011).

What if you could spend a lot less, have more fun and avoid a hefty credit card balance when January rolls around? Free outdoor activities await you and your family this holiday season.

Rather than heading to the ski hill, grab your skates or borrow snowshoes from a neighbour and enjoy the outdoors. If you bundle up, you could head out to a winter hiking trail with your friends or enjoy an outdoor campfire.

One evening, fill your travel mug with hot cocoa and tour outdoor light displays throughout your neighbourhood.

Find out what's happening in your community. Low to no cost choir performances and plays are put on at local community centres, malls and churches. Attending these events is a great way to support the arts and your friends who may be actively involved.

Rather than heading out to the theatre, download Netflix and watch unlimited movies at home for \$8 per month. Or, pay nothing and borrow films from the library.

Keep watch for coupons for the local zoo, craft fair, recreational facilities and heritage sites. Visiting tourist locations in your community in the off-season can save you a bundle and it's a great way to discover hidden gems right in your backyard.

Host a party where everyone brings their favourite appetizer and drink. Add the challenge that each person has to do this for \$10 or less. I guarantee the results will be creative, surprising and interesting. Volunteer with a group of friends to pack food hampers, help out at the community centre or fix up your local playground.

This is a great way to spend time and it's a healthy reminder of how important it is to give back.

A fantastic holiday season awaits you. Save your money and enjoy it.



Do your child and dog get along? HANDOUT

Dogs may be man's best friend, but how will Rover get along with your child?

Safe introduction.

Allow your pet time and space to become accustomed to your child and advise your little one on how to handle the dog

MARY SHELL
Metro World News in New York

Whether you are bringing your new baby home to meet your dog for the first time, or thinking about adopting that dog your kids have been asking for, there are some basic ways to safely introduce kids and canines.

We spoke with Jennifer Shryock, a certified dog behaviour consultant and founder of Family Paws Parent Education, about how to make a smooth transition.

Never force interaction between a dog and a child.

Pay attention to your dog's body language to determine if the dog is engaging with the situation or tolerating it. Shryock recommends allowing your child to pet the dog a couple times and then stop. Wait to see if the dog is interested in continuing the interaction.

Have reasonable expectations for your dog.

Parents often think a dog should put up with a baby crawling near the animal at eye level and reaching and grabbing. "You can't let (a) toddler freely explore the dog," Shryock says.

A new dog will have a tolerance limit for your kids, and it's important to recognize that limit and provide the dog with a quiet area to retreat to when the interaction might become too much.

Instruct your kids not to

crowd the dog or carry it around.

Instead, create safe, supervised activities for your toddler and your dog. This might be dropping a treat in the dog's crate or filling up the food and water bowls together. No matter what you do, Shryock always recommends total supervision.

Rule of thumb (or dewclaw): If it doesn't feel right or it looks too good to be true, it probably is.

Any behavioural issue is going to take time; there are no quick fixes. And if a child shouldn't be doing something to correct an animal's behaviour, a parent shouldn't be doing it.

For this reason, physical force with your dog in front of your kids is not recommended. Positive reinforcement is key.

If you're expecting

Get to know your dog better during your pregnancy and

What to do

"Pay attention to your dog's body language."

Jennifer Shryock
On what to watch when your child and dog first start interacting.

use that time to reinforce basic training. Study your dog's body language and learn to identify triggers that stress or upset your dog, so you know how to protect your pet from these situations.

Build the relationship

The best way to cultivate a good relationship with your dog and your new baby is to make sure your dog observes and participates in positive, daily routines with you and your baby. Never force your dog to check out the baby. Instead, invite him or her to sit next to you while you hold the new addition.



Canada's world junior head coach Steve Spott, centre, poses for photos with players Mathew Dumba, left, and Hunter Shinkaruk on Monday in Calgary after announcing the 37-player roster for next week's selection camp. JEFF MCINTOSH/THE CANADIAN PRESS

Junior selection roster has pro feel

World juniors. Lockout provides NHL-level talent, but creates uncertainty ahead of holiday tournament

As long as the NHL lockout lasts, the Canadian junior men's hockey team will be older and stronger than in previous years.

Edmonton Oilers centre Ryan Nugent-Hopkins and other 19-year-olds who would have likely otherwise been lost to the NHL are among the 37 players invited to selection camp Dec. 10 to 15 in Calgary.

There was an undercurrent of uncertainty in Monday's announcement in Calgary be-

By the numbers

2

The Canadians won gold during the 1995 and 2005 lockouts, but those tournaments were in Red Deer, Alta., and Grand Forks, N.D., on smaller North American-sized ice surfaces.

cause of the impact a sudden end to the lockout could have on the team.

But with no end to the work stoppage in sight, Canada can anticipate having one of its strongest teams at the 2013 world junior championship starting Dec. 26 in Ufa, Russia.

Head coach Steve Spott, whose day job is coaching the OHL's Kitchener Rangers, sounds like a man who has to be prepared for anything.

"Until Dec. 26, with the

uncertainty of this work stoppage, I'm trying to keep all my steno pads in order because I've got about 30 different rosters right now that I'm looking at," he said. "Until I see those players on the 26th against Germany, there's a lot of balls in the air. Ultimately it will be great to get on the ice with them next Monday."

Twenty-three players will be chosen Dec. 13 to play for Canada in Ufa.

The 2005 gold was the first of five straight for Canada, but it's been two silver and a bronze over the last three years.

The world junior tournament was held on the smaller North American ice surface the last four years, but now returns to the larger European style of arena. A premium was

Far from middle of the road

Where the Canadian team will benefit the most from the lockout is at centre.

- Joining Ryan Nugent-Hopkins through the middle are second-year players Jonathan Huberdeau, Mark Scheifele and Ryan Strome. All are top-10 NHL draft picks.

placed on skating ability when issuing invitations to camp, according to Hockey Canada head scout Kevin Prendergast.

"If they're not an excellent skater, they bring an intangible we think can help us," he said.

THE CANADIAN PRESS

NHL lockout

Crosby travels to New York for CBA negotiations

Sidney Crosby is ready for another kick at the can.

The league's most recognizable player travelled to New York on Monday for Tuesday's unique collective bargaining session that won't include commissioner Gary Bettman or NHLPA executive director Donald Fehr. THE CANADIAN PRESS

NFL

Chiefs return to practice after tragic weekend

The Kansas City Chiefs returned to work Monday at their practice facility near Arrowhead Stadium, trying to find a sense of normalcy.

It was difficult to do.

The locker that once belonged to Jovan Belcher, the linebacker who allegedly killed his girlfriend and then turned the gun on himself Saturday, still had all his belongings hanging in it.

Coach Romeo Crennel said that "time heals all wounds," and the Chiefs are hopeful the healing has begun.

Kansas City police Sgt. Marisa Barnes said Monday that authorities hope to deliver an investigative report to prosecutors on Tuesday. THE ASSOCIATED PRESS



Jovan Belcher GETTY IMAGES FILE

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NBA				
EASTERN CONFERENCE				
	W	L	Pct	GB
Miami	12	3	.800	-1/2
New York	12	4	.750	—
Brooklyn	11	5	.688	1
Chicago	8	7	.533	31/2
Atlanta	9	5	.643	2
Philadelphia	10	7	.588	21/2
Boston	9	8	.529	31/2
Milwaukee	8	8	.500	4
Indiana	8	9	.471	41/2
Charlotte	7	9	.438	5
Orlando	6	10	.375	6
Detroit	6	13	.316	71/2
Cleveland	4	14	.222	9
Toronto	4	14	.222	9
Washington	1	13	.071	10
WESTERN CONFERENCE				
	W	L	Pct	GB
Memphis	12	3	.800	1/2
San Antonio	14	4	.778	—
Oklahoma City	14	4	.778	—
L.A. Clippers	11	6	.647	21/2
Golden State	10	6	.625	3
Denver	9	9	.500	5
Houston	8	8	.500	5
Utah	9	10	.474	51/2
L.A. Lakers	8	9	.471	51/2
Dallas	8	9	.471	51/2
Minnesota	7	8	.467	51/2
Portland	8	10	.444	6
Phoenix	7	11	.389	7
New Orleans	5	11	.313	8
Sacramento	4	12	.250	9
Division leaders ranked in top four positions and best eight teams qualify for playoffs				
Monday's results				
Portland 118 Charlotte 112 OT				
Detroit 89 Cleveland 79				
New Orleans 102 Milwaukee 81				
Denver 113 Toronto 110				
L.A. Clippers 105 Utah 104				
Orlando at Golden State				
Sunday's results				
New York 106 Phoenix 99				
Orlando 113 L.A. Lakers 103				
Tuesday's games				
Minnesota at Philadelphia, 7 p.m.				
Miami at Washington, 7 p.m.				
Oklahoma City at Brooklyn, 7:30 p.m.				
L.A. Lakers at Houston, 8 p.m.				
Phoenix at Memphis, 8 p.m.				
Indiana at Chicago, 8 p.m.				
Wednesday's games				
Portland at Indiana, 7 p.m.				
New York at Charlotte, 7 p.m.				
Minnesota at Boston, 7:30 p.m.				
Golden State at Detroit, 7:30 p.m.				
Denver at Atlanta, 8 p.m.				
L.A. Lakers at New Orleans, 8 p.m.				
Chicago at Cleveland, 8 p.m.				
Milwaukee at San Antonio, 8:30 p.m.				
Orlando at Utah, 9 p.m.				
Toronto at Sacramento, 10 p.m.				
Dallas at L.A. Clippers, 10:30 p.m.				
Thursday's games				
New York at Miami, 8 p.m.				
Dallas at Phoenix, 10:30 p.m.				
Friday's games				
Denver at Indiana, 7 p.m.				
Boston at Philadelphia, 7 p.m.				
Golden State at Brooklyn, 7:30 p.m.				
Chicago at Detroit, 7:30 p.m.				
Washington at Atlanta, 7:30 p.m.				
Cleveland at Minnesota, 8 p.m.				
Memphis at New Orleans, 8 p.m.				
Charlotte at Milwaukee, 8:30 p.m.				
Houston at San Antonio, 8:30 p.m.				
Toronto at Utah, 9 p.m.				
L.A. Lakers at Oklahoma City, 9:30 p.m.				
Orlando at Sacramento, 10 p.m.				

TRANSACTIONS	
MLB	
AMERICAN LEAGUE	
TEXAS RANGERS — Agreed to terms with C Geovany Soto on a one-year contract.	
TORONTO BLUE JAYS — Claimed C Eli Whiteside off waivers from the N.Y. Yankees.	
NATIONAL LEAGUE	
ARIZONA DIAMONDBACKS — Sold the contract of RHP Brad Bergesen to Chunichi (Central League-Japan).	
ATLANTA BRAVES — Promoted minor league strength and conditioning coordinator Rick Slate to director of strength and conditioning.	
SAN DIEGO PADRES — Agreed to terms with RHP Jason Marquis on a one-year contract.	
WASHINGTON NATIONALS — Agreed to terms with LHP Zach Duke on a one-year contract.	
NBA	
HOUSTON ROCKETS — Recalled F Terrence Jones from Rio Grande Valley (NBADL).	
NFL	
BUFFALO BILLS — Released LB Kirk Morrison.	
CAROLINA PANTHERS — Placed S Sherrod Martin on injured reserve.	
PHILADELPHIA EAGLES — Fired defensive line coach Jim Washburn. Named Tommy Brashear defensive line coach.	
CFL	
EDMONTON ESKIMOS — Signed LB Donovan Richard.	
TORONTO ARGONAUTS — Signed Marcus Brady offensive coordinator.	
NHL	
EDMONTON OILERS — Reassigned RW Toni Rajala from Oklahoma City (AHL) to Stockton (ECHL).	
NEW YORK ISLANDERS — Reassigned F Jason Clark from Bridgeport (AHL) to Winnicott (ECHL).	
ST. LOUIS BLUES — Reassigned F Stefan Della Rovere, F Sebastian Wannstrom and D Brett Ponich from Peoria (AHL) to Evansville (ECHL).	
MLS	
D.C. UNITED — Declined options on D Mike Chabala, D Emiliano Dudar, M Stephen King and F Maicon Santos.	
PORTLAND TIMBERS — Acquired allocation money and homegrown rights to D Bryan Gallego from New York for D Kosuke Kimura and a 2013 second-round draft pick. Declined contract options for M/D Lovel Palmer and D Steve Purdy.	
REAL SALT LAKE — Traded F Fabian Espindola and D Jamison Olave to New York, and M Will Johnson to Portland for allocation money.	
SPORTING KANSAS CITY — Traded M Michael Harrington to Portland for allocation money.	
TORONTO FC — Traded D Aaron Maund to Real Salt Lake for F Justin Braun.	
VANCOUVER WHITECAPS — Traded M/F Atiba Harris to Colorado for an international roster spot.	

AHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Worcester	21	11	8	1	1	60	65	24
Manchester	21	10	8	2	1	55	53	23
St. John's	22	11	10	0	1	53	60	23
Portland	21	10	9	1	1	67	69	22
Providence	19	9	8	0	2	44	55	20

NORTHEAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Springfield	20	12	4	1	3	70	42	28
Bridgeport	20	10	9	0	1	62	70	21
Connecticut	20	9	9	2	0	63	70	20
Adirondack	20	9	11	0	0	52	60	18
Albany	18	5	8	0	5	40	52	15

EAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Syracuse	20	13	5	1	1	74	55	28
Binghamton	18	12	4	1	1	57	44	26
W-B/Scranton	20	13	7	0	0	58	46	26
Hershey	21	9	11	1	0	55	62	19
Norfolk	20	9	11	0	0	59	65	18

WESTERN CONFERENCE

NORTH DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Abbotsford	20	13	3	2	2	56	36	30
Toronto	21	12	8	0	1	70	59	25
Lake Erie	22	11	9	1	1	70	70	24
Rochester	19	9	8	2	0	63	59	20
Hamilton	18	7	9	1	1	38	57	16

MIDWEST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Rockford	22	12	9	0	1	73	67	25
Grand Rapids	19	11	6	1	1	66	58	24
Chicago	20	9	8	2	1	56	62	21
Milwaukee	19	9	8	1	1	54	58	20
Peoria	20	6	10	2	2	47	73	16

SOUTH

	GP	W	L	OTL	SOL	GF	GA	Pt
Charlotte	21	12	7	0	2	70	61	26
Oklahoma City	20	11	6	1	2	66	59	25
Houston	20	11	6	1	2	67	59	25
Texas	20	10	8	1	1	51	58	22
San Antonio	20	6	11	0	3	51	63	15

Note: Two points awarded for a win, one for an overtime or shootout loss.

Sunday's results

Portland 4 Manchester 0

Rockford 4 Charlotte 1

Worcester 3 Providence 2 (SO)

Lake Erie 4 Toronto 5

Springfield 5 Connecticut 0

Norfolk 4 Bridgeport 1

Syracuse 2 Binghamton 5

Texas 4 Peoria 3 (SO)

Tuesday's game

All Times Eastern

San Antonio at Abbotsford, 10 p.m.

Wednesday's games

Bridgeport at Connecticut, 7 p.m.

Peoria at Grand Rapids, 7 p.m.

Texas at Milwaukee, 8 p.m.

San Antonio at Abbotsford, 10 p.m.

Thursday's games

Lake Erie at Charlotte, 7 p.m.

Hershey at Norfolk, 7 p.m.

Friday, Dec. 7

Lake Erie at Charlotte, 7 p.m.

Adirondack at Rochester, 7:05 p.m.

Portland at Binghamton, 7:05 p.m.

Manchester at Providence, 7:05 p.m.

Hershey at W-B/Scranton, 7:05 p.m.

Hamilton at Syracuse, 7:30 p.m.

Springfield at St. John's, 7:30 p.m.

Milwaukee at Rockford, 8:05 p.m.

Grand Rapids at Chicago, 8:30 p.m.

Houston at Texas, 8:30 p.m.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	9	3	0	.750	430	260
N.Y. Jets	5	7	0	.417	228	296
Miami	5	7	0	.417	227	249
Buffalo	5	7	0	.417	277	337

SOUTH

	W	L	T	Pct	PF	PA
Houston	11	1	0	.917	351	221
Indianapolis	8	4	0	.667	265	306
Tennessee	4	8	0	.333	248	359
Jacksonville	2	10	0	.167	206	342

NORTH

	W	L	T	Pct	PF	PA
Baltimore	9	3	0	.750	303	242
Pittsburgh	7	5	0	.583	254	230
Cincinnati	7	5	0	.583	302	260
Cleveland	4	8	0	.333	229	265

WEST

	W	L	T	Pct	PF	PA
Denver	9	3	0	.750	349	244
San Diego	4	8	0	.333	258	257
Oakland	3	9	0	.250	235	376
Kansas City	2	10	0	.167	188	322

WEEK 13

Monday's result

Washington 17 N.Y. Giants 16

Sunday's results

N.Y. Jets 7 Arizona 6

Kansas City 27 Carolina 21

Indianapolis 35 Detroit 33

Buffalo 34 Jacksonville 18

Seattle 23 Chicago 17

New England 23 Miami 16

Houston 24 Tennessee 10

Green Bay 23 Minnesota 14

St. Louis 16 San Francisco 13

Denver 31 Tampa Bay 23

Cleveland 20 Oakland 17

Cincinnati 20 San Diego 13

Pittsburgh 23 Baltimore 20

Dallas 38 Philadelphia 33

NFL

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	7	5	0	.583	321	243
Washington	6	6	0	.500	312	301
Dallas	6	6	0	.500	280	295
Philadelphia	3	9	0	.250	217	320

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	11	1	0	.917	317	229
Tampa Bay	6	6	0	.500	333	285
New Orleans	5	7	0	.417	321	327
Carolina	3	9	0	.250	235	292

NORTH

	W	L	T	Pct	PF	PA
Green Bay	8	4	0	.667	296	259
Chicago	8	4	0	.667	294	198
Minnesota	6	6	0	.500	262	272
Detroit	4	8	0	.333	300	315

WEST

	W	L	T	Pct	PF	PA
San Francisco	8	3	1	.708	289	171
Seattle	7	5	0	.583	242	202
St. Louis	5	6	1	.458	221	267
Arizona	4	8	0	.333	186	234

WEEK 14

Thursday, December 6

Denver at Oakland, 8:20 p.m.

Sunday, December 9

St. Louis at Buffalo, 1 p.m.

Dallas at Cincinnati, 1 p.m.

Baltimore at Washington, 1 p.m.

San Diego at Pittsburgh, 1 p.m.

Kansas City at Cleveland, 1 p.m.

N.Y. Jets at Jacksonville, 1 p.m.

Philadelphia at Tampa Bay, 1 p.m.

Tennessee at Indianapolis, 1 p.m.

Chicago at Minnesota, 1 p.m.

Atlanta at Carolina, 1 p.m.

Miami at San Francisco, 4:05 p.m.

New Orleans at N.Y. Giants, 4:25 p.m.

Arizona at Seattle, 4:25 p.m.

Detroit at Green Bay, 4:25 p.m.

GOLF

PGA TOUR Q-SCHOOL

At La Quinta, Calif.

Par 72

Final Round

y - Clinched 2013 PGA Tour card.

y - Clinched 2013 Web.com Tour card.

g - Dong-hwan Lee, \$50,000

g - Ross Fisher, \$37,500

g - Steve LeBrun, \$37,500

g - Kris Blanks, \$27,500

g - Billy Horschel, \$27,500

g - Richard H. Lee, \$27,500

g - Erik Compton, \$25,000

g - Brad Fritsch, \$25,000

g - Jin Park, \$25,000

g - Steven Bowditch, \$25,000

g - Fabian Gomez, \$25,000

g - Jeff Goe, \$25,000

g - Michael Letzig, \$25,000

g - Matt Jones, \$25,000

g - Robert Karlsson, \$25,000

g - Eric Meierdierks, \$25,000

g - Derek Ernst, \$25,000

g - Scott Langley, \$25,000

g - Aaron Watkins, \$25,000

g - Si-Woo Kim, \$25,000

g - Tag Ridings, \$25,000

g - Donald Constable, \$25,000

g - Bobby Gates, \$25,000

g - Henrik Norlander, \$25,000

g - Chez Reavie, \$25,000

g - Patrick Reed, \$25,000

g - Vince Covello, \$5,000

g - Oliver Fisher, \$5,000

g - Mathew Goggins, \$5,000

g - Kevin Kisner, \$5,000

Also

g - Adam Hadwin, \$5,000

g - Roger Sloan, \$5,000

Richard Scott

Matt Hill

Ryan Yip

Mitch Evanech

68-68-70-67-66-74-413

72-69-69-69-66-68-413

69-67-71-68-69-69-413

67-69-71-69-70-68-414

73-69-66-70-67-69-414

67-70-67-71-71-69-415

70-72-72-65-69-67-415

67-74-68-71-68-67-415

72-66-68-67-72-70-415

70-75-68-67-68-67-415

69-70-67-73-67-70-416

69-69-69-72-68-69-416

70-66-70-70-68-72-416

71-75-66-65-67-72-416

74-71-68-68-68-68-417

71-72-75-70-66-68-412

73-70-73-68-69-74-427

74-65-73-70-72-74-428

72-71-74-70-72-74-428

74-69-73-70-75-71-432

Horoscopes

♈ Aries

March 21 - April 20

Don't expect too much in the way of cooperation from other people. Partners and colleagues will be too busy resolving their own issues to pay much attention to what you are up to, which could work in your favour.

♉ Taurus

April 21 - May 21

You don't have to do something just because someone in a position of authority tells you to do it. Ultimately, you are your own boss and must do only what your conscience can live with. Make sure they know that.

♊ Gemini

May 22 - June 21

You can be impulsive and if you act on the spur of the moment today, there is a risk you will leave yourself open to accusations that you are putting others at risk. Maybe they're right.

♋ Cancer

June 22 - July 23

You may find that your options for action are limited over the next 24 hours but it's no big deal. Stay calm and don't get flustered or frustrated. There's still plenty of time to make your mark on the world.

♌ Leo

July 24 - Aug. 23

Others can sit around worrying about the end of the world but you don't have time for that kind of self-indulgence. Make your plans and then make your move. Others may fear the future but you intend to own it.

♍ Virgo

Aug. 24 - Sept. 23

You need to be a bit more assertive today, especially if you want to show those you work with that you can handle responsibility. Above all you must look calm on the outside, even if you are scared on the inside.

♏ Libra

Sept. 24 - Oct. 23

"Lazy Libra" is a tag that has little if any truth in it and you will prove it today. Your willingness to put in twice as much effort as your colleagues will not go unnoticed nor, in the long-term, unrewarded.

♏ Scorpio

Oct. 24 - Nov. 22

If you allow your anxieties to hold you back today, you will regret it later in the week when you realize how much more you could have done if you had just stuck with it. The only thing to fear is fear itself.

♐ Sagittarius

Nov. 23 - Dec. 21

You may be tempted to cut corners today but it's not a good idea. Almost certainly, what you planned will go wrong and you will end up going the long way round for what should have been a simple journey.

♑ Capricorn

Dec. 22 - Jan. 20

It looks very much like you are on a collision course with someone who has been going out of their way to give you a hard time, and it could get messy. Don't say something that could cost you your job though.

♒ Aquarius

Jan. 21 - Feb. 19

If you find that you are out of your depth in some way today, you must ask for help. It's not a sign of weakness, it's a sign of intelligence. Everyone has their limits but only the wise seem to know it.

♓ Pisces

Feb. 20 - March 20

Timing is everything and according to the planets it's the right time to get involved in a project that involves people from all walks of life, and maybe from all over the world. Join with those who share your dream. **SALLY BROMPTON**

Crossword

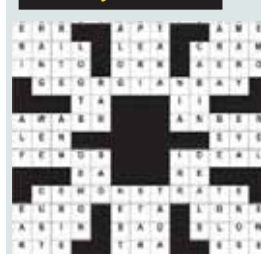
Across

1. Star of Home Improvement
4. Hood
7. Pillow covering
11. Flubs
13. Actress Hagen
14. Nook
15. Complied
17. — Tin Tin
18. Opposite of SW
19. Alter
22. Corporate climber
26. Actor Norton
27. "Exodus" hero
28. Ready — Not
30. Not even once
34. PVR predecessor
35. Leap
37. It's — win situation (2 words)
38. Ridge
40. Who Wants to — a Millionaire?
41. Take a rest
42. Chau — Chi of Falcon Crest
43. Isn't colourfast
46. Funnel-shaped wildflower
50. Star of ChiPs (init.)
51. Road surface
52. Relationship woes
58. The Bold —
60. Summer in Paris
61. Censor's target
62. Turf
63. Casual top
64. Whichever

Down

1. After-dinner drink
2. Tax agency (abbr.)
3. Post-wedding title
4. Scrape
5. Chowd down
6. One of baby's first words
7. Charleston state

Yesterday's Crossword



What's online

See today's answers
metronews.ca/
answers.



Sudoku

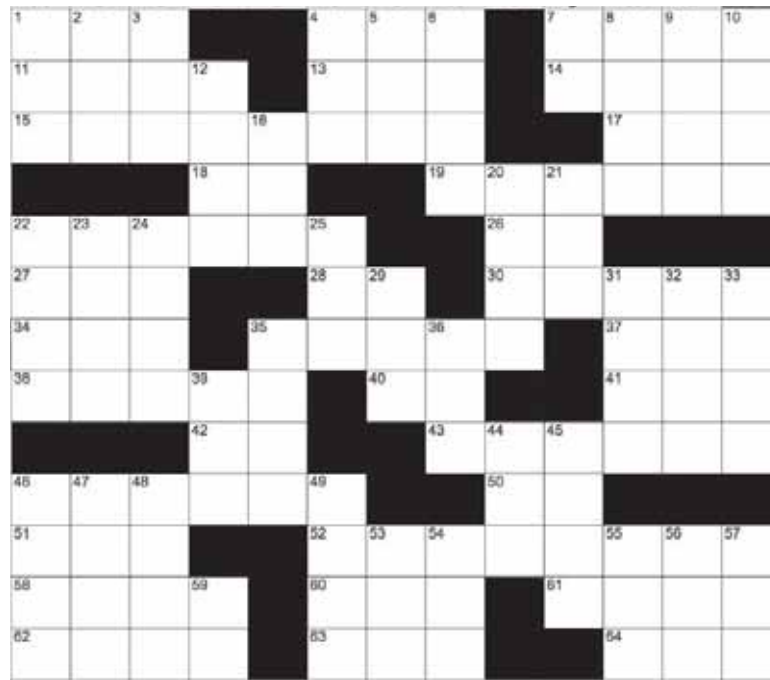
How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

1	2	8	6	4	7	3	9	5
5	4	7	9	1	3	8	2	6
3	6	9	8	5	2	1	7	4
4	8	6	3	2	1	7	5	9
2	9	3	5	7	6	4	8	1
7	1	5	4	8	9	2	6	3
9	5	4	7	3	8	6	1	2
8	3	2	1	6	5	9	4	7
6	7	1	2	9	4	5	3	8

BY BETTY MARTIN



8. Bugle
9. Gung-ho
10. Department store section
12. E-mail request
16. Indicates maiden name
20. Patch
21. Dutch city
22. Wash
23. Curves
24. Scottish dagger
25. A.A. Milne character

29. Pat dry
31. Flower holder
32. Children's author Blyton
33. Becomes inedible
35. French cheese
36. Beak
39. Extension
44. Actress Michele — of Glee
45. Cartoon shrieks
46. At the summit
47. "Titanic" actor Billy —

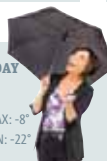
48. Land measure
49. Aid in a crime
53. Abbreviation found in an atlas
54. Shoebox letters
55. John's "Pulp Fiction" co-star
56. Groan inducer
57. Pig's abode
59. — Elsewhere

Weather

TODAY

WEDNESDAY

THURSDAY

MAX: -3°
MIN: -15°MAX: -5°
MIN: -13°MAX: -8°
MIN: -22°

MICHELE MCDOUGALL
WEATHER SPECIALIST

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." **WEEKDAYS 5:30 AM**



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SALE HOURS:

Monday to Friday 9-9

Saturday 9-6

Sunday 11-5



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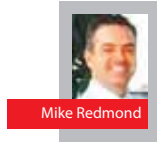
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\$44,860



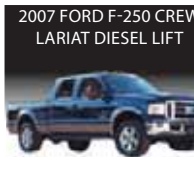
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\$26,860



\$34,640



\$23,860



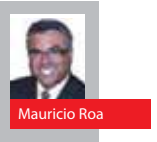
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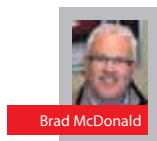


2007 MINI COOPER S #3DT1355A
2008 INFINITI G37 PREMIUM #3JN4502A
2010 GMC TERRAIN SLE #3DR8239A
2004 CHEV CORVETTE CONVERTIBLE #3R19099B

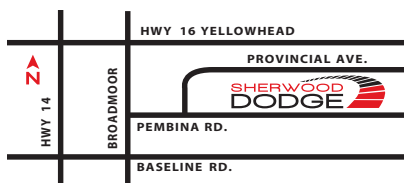
2008 FORD F-150 LTD CREW 4X4 #2R34720B
2009 VW JETTA TDi #2P45915B
2011 JEEP WRANGLER UNLIMITED SPORT #2R18393A

2007 CHEV SILVERADO 1500 LTZ Z71 #3R18863A
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2007 MERCEDES S600 AMG #P3269

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Fri. 9am-6pm; Sat. 9am-6pm;
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